

Tools for the Journey: A Resource Toolkit on Palliative Care

For First Nations, Inuit and Métis

About this Toolkit

This binder of reference materials is part of a resource toolkit on palliative care called “Tools for the Journey: Palliative Care in First Nations, Inuit and Métis Communities”. Designed for care providers, the reference binder contains materials, definitions, and additional information relating to the brochure topics to help support the worker as they accompany someone through their cancer journey. To help with this process, the binder is organized to mirror the brochure so that the caregiver can easily find additional resources and references when it is needed.

How and Why this Toolkit was Produced

The Aboriginal Cancer Control Unit of Cancer Care Ontario produced this toolkit based on dialogue with First Nations, Inuit and Métis communities and organizations. Focus groups and interviews were held across Ontario in 2013-14 to gather input from First Nations, Inuit and Métis people and find out what palliative care means to them, and what kind of information and support is needed relative to palliative care. The feedback provided was used to create this toolkit designed to respond to the needs of First Nations, Inuit and Métis around palliative care information.

Who Can Use this Toolkit

This resource toolkit provides information and resource materials for First Nations, Métis and Inuit families and communities to help support individuals with cancer who have palliative care needs. These education materials can be used by anyone in the community.

Information in this Toolkit

This binder is accompanied by 6 companion brochures which are intended to provide:

- A First Nations, Inuit and Métis definition of palliative care
- Personal stories and other resources to help First Nations, Inuit and Métis families and communities develop capacity in palliative care and cope with grief and loss
- Information to support decision-making and planning for those with advanced cancer
- Information to help caregivers in caring for their loved ones with advanced cancer

Brochures

The series of six brochures that accompany this binder are as follows:

- ***Understanding the Diagnosis for Patients and Caregivers:*** This pamphlet explains what palliative care means, from the perspective of First Nations, Inuit and Métis people and in the context of an advanced cancer diagnosis. It provides sample questions to ask health care providers and outlines the choices a terminally ill person and their family might need to make
- ***Teachings to Support Grief and Loss:*** This pamphlet talks about grief and loss from the perspective of First Nations, Inuit and Métis beliefs and teachings related to passing on to the spirit world. It suggests ways of supporting and respecting the terminally ill person and ensuring support for the family
- ***What to Expect: Making Decisions and Plans:*** This pamphlet provides general information about the kinds of decisions a terminally ill person might need to make regarding personal care, legal and financial concerns. It introduces terms such as advance care planning and powers of attorney
- ***Taking Care of Your Loved One:*** This pamphlet provides general information to help primary caregivers talk to their loved one about their wishes and arrange for their care. It provides some tips for supporting their loved one, encourages caregivers to ask for help and includes tips for self-care
- ***Guidelines for Working Together:*** This pamphlet provides general guidelines for working together effectively to ensure that First Nations, Inuit and Métis individuals' needs and choices are respected in the context of palliative care.
- ***Who to Talk to for Support:*** This pamphlet provides additional information and resources for the patient and family, with a listing of online resources, as well as contact information for Supportive Care Programs and Aboriginal Navigators.

To find out more about these brochures please contact the Aboriginal Cancer Control Unit, Cancer Care Ontario (accu@cancercare.on.ca).